

Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



December 2015

Pleasant Street Center

49 Pleasant St. 781-942-6794 Mon.- Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas 781-942-6796

Outreach, Kerry Valle 781-942-6659

Nurse Advocate, Alyse Warren

Elder / Human Services 16 Lowell St. 781-942-6608 M, W, & Th. 7:30 - 5:30 p.m. Tuesday 7:30 - 7:00 p.m.

Elder/Human Administrator Jane Burns - 781-942-6658

Clerk, Ann Gentile -781-942-6608

Holiday Celebrations at The Center



Holiday Special Lunch Tues., Dec. 15, 12:00—1:30 pm Sing-a-long with Mel Stiller

The Reading Middle Schools Select Chorus and Coolidge's Hand Chime Choir Tues., Dec. 22, 12:30-1:00. The Reading Middle Schools will perform holiday tunes under the direction of Jenny DiMuzio and Cheryl Webster.

Christmas Eve Brunch

Thurs., Dec. 24 - 10:00 Join us for brunch and some Christmas cheer. Omelets, sausages, and French toast sticks and other holiday treats. Reservations required by calling (781) 942-6794. \$2.00 suggested donation.

New Year's Eve Party/Yankee Swap

Thurs., Dec. 31, 11:00 - 1:30 p.m. - Join us for lunch with a special dessert and some holiday fun. Feel free to bring a wrapped gift for the "Re-gifting Yankee Swap" (value \$3 - \$5); for some added fun bring your strangest, "Why did they give me this?", or "What am I supposed to do with that gift"? Suggested donation for lunch is \$2.00.

RMLD PROGRAM



COPING WITH LOSS

Coping and Healing During the Holidays Workshop

Tuesday, December 8, 10:30 - 12:00



Mon., Dec. 7, 12:00—Lunch n' Learn with Reading Municipal Light and the Climate Committee. Learn about the little things you can do to start on the path to saving money by saving energy. RMLD will review their various savings programs as well as their energy audit program. Attendees will receive one free LED bulb and others will be available to purchase at a discount, including LED holiday lights. Hear a preview of a financial assistance program under development by the Climate Committee.

IMPORTANT SYMBOLS

Registration Required, 781-942-6794 Free Transportation



If you've experienced a loss, dealing with the holidays isn't easy. But there is help The Bertolon Center for Grief and Healing is offering a ONE DAY WORKSHOP and will provide education about grief, suggestions and

techniques for coping with loss and an opportunity for participants to share their experiences with one another.

While the workshop is free and open to anyone in the community, advance registration is required. Breakfast treats included. Call 781-942-6794

Reservations start Monday Nov. 23 Please call by noon at least two days before the event.

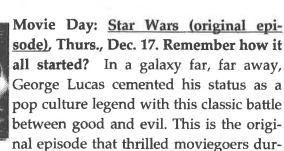
FUN FOR ALL







Movie Day: The Bishop's Wife-(1947)
Thurs., Dec. 3, 1:00 - An angel arrives to help a bishop with the building of a new cathedral, but his advice has more to do with fixing the clergyman's strained marriage. Cast: Cary Grant, Loretta Young, David Niven



ing the film's initial theatrical run. Luke Skywalker and Han Solo, with the help of Obi-Wan Kenobi, face off against Darth Vader to save Princess Leia and destroy the Death Star.

Gingerbread House Workshop - Wed, Dec. 9, 3:00 - 4:30pm Children (grades 2 through 5) and Seniors are invited to partner for this event. Children should register at the Reading Public Library's 781-942-6705 or www.readingpl.org/kids; Seniors register at the Pleasant Street Center or by calling 781-942-6794. All supplies will be provided. Thanks to the Friends of the Reading Public Library for sponsoring this free program.

Northeast Youth Ballet presents: The Nutcracker: Thursday, Dec. 10—10:00 (leaving Reading @ 9:00 by van). Tickets and transportation are free. Attendees must use van transportation. Due to the popularity of the performance and limited number of seats, we ask if you have attended in the past that you wait until Nov. 30, to call for a reservation.

SCUTTLEBUTT

Thursday, Dec. 3, 10:00 - George Wetmore, a Reading Resident and a WWII Veteran will be our guest speaker. To register contact Kevin Bohmiller by Tues., Dec. 1. If you are staying for lunch; choice of a hot or cold meal. 781-942-6652 or email at kbohmiller@ci.reading.ma.us. Transportation available.

Games on the Big Screen, see you next month - 1:30 Wii Games – "Deal or No Deal", "Who wants to be a Millionaire", group picks!

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00—2:30

Billiards: (No van) Wednesdays, 10:00 - 11:15 **Pool table** is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maxi-

mum 32, (No Van).

SPECIAL LUNCHES



Birthday Lunch: Monday, December 21, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00

Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

PLEASANT STREET SPA

For manicures & chair massage please call the Pleasant Street Center (No Van Service)

Chair Massage - Thursday, Dec. 3 & 17 - 9:30 – 11:30 receive a 15 minute chair massage for only \$8.

Manicures - Thursday Dec. 10 - 9:30 - 1:00, \$6.00 or \$7.00 for French

Roberta Our Hairdresser - out until further notice

Reiki Treatments: Thursday, Dec. 17 (3rd Thursday of month) - 9:30-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, complements any form of medical treatment.

3. December 2015

FITNESS FOR ALL

Mondays: .

- Yoga Mondays 11:00 12:00 4 weeks for \$40 or \$11 drop in
- Zumba Gold: Kelli 9:00 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. \$5
- FOREVER 49 All your health needs in one program 1:30 2:30 \$49/month or \$12 Drop-ins welcome. FIRST CLASS FREE come try this class and see how to stay fit for life.

Tuesdays:

- Motion to Music 9:00 10:00. \$20/month; \$15/month any 5 classes during the calendar month. Drop-ins \$4
- Body & Brain Flexibility: Tues. Nov. 3 Dec. 22
 10:30 11:30. Learn skills to enhance memory and coordination! Classes are gentle and effective, designed for all abilities. 8 weeks \$35 or \$5 drop-in

Wednesdays:

- Zumba Gold: Veronica 9:30 10:30 Drop-in \$5
- FOREVER 49 All your health needs in one program 1:30 2:30 \$49 for the month or \$12 for Drop-ins.

Thursdays:

 Motion to Music - 9:00 - 10:00. \$20/month; \$15/month any 5 classes during the calendar month. Drop-ins \$4

Fridays:

• <u>B.E.S.T.</u> - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-in \$3/Session.

HEALTH SCREENINGS

Podiatry Clinic, Wed., Dec. 16, 1:30 – 4:30 Call (617) 629 -2806 for an appointment. Please say this is an appointment at the **Pleasant Street Center**. Insurance is accepted with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

Blood Pressure:

- Mon., Dec. 7 10:00 10:45 Hallmark Health
- Tues., Dec. 8 11:30 12:00 Donna Pierce, Nurse, Flu Shots & Blood Pressure
- Tues., Dec. 15 10:15 10:45 sponsored by Rite-Aid Blood Pressure and pneumonia shots

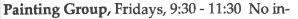
CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00 2 ½ hours for \$10.00. Steve will teach any medium

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crochetters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

- Weds with John Walsh 10:00 11:00
- Tues. with Nancy from 10:00 11:30





LATHAM

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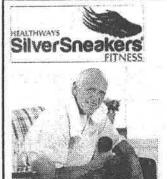
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MONDAY	TUESDAY	WEDNESDAY	HURSDAT	TRIDAY
ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner	8:30 Burbank YMCA	8:45 Neighborhood Gro-	8:30 Burbank YMCA 3 8:45 CG Grocery Shopping	8:45 FTD Grocery Shopping
Drive Everything in Bold	9:00 Motion to Music 9:30 Fuel Assistance	깢	9:00 Motion to Music/ 9:30 Chair Massage	9:00 BEST 9:30 Painting 12:00 Lunch
is available IMPORTANT VAN	10:00 Computer lessons 10:30 Body/Brain Flex-	10:00 Computers w/John 10:00 Billiards	ance 10:00 Scuttlebutt	
PLEASE READ	12:00 Lunch	12:00 Writing Group 12:00 Lunch 12:00 SHINE	12:30 MAH JONGG 12:00 SHINE	Fish Filet or Chicken
arrival times.	Turkey Casserole or	1:00 Downtown/ Groceries/Library	1:00 Movie	Salad Sandwich
Please be ready 30 minutes – 1 hour prior to the time	Egg Salad Sandwich	1:30 Forever 49 Pot Roast or Chef Salad	Chicken Piccata or Tuna Salad Sandwich	
	7 8:30 Burbank YMCA	8 8:45 Neighborhood Gro- 9 cery Shopping	- 1	8:45
Groceries/Library 9:00 Zumba	9:30 Motion to Music 9:30 Art Lessons	9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John	40.00	. III (o '
11:00 Yoga 11:30 Blood Pressure	10:00 Computer lessons 10:30 Body/Brain	10:00 Computers wisom 10:00 Billiards 10:00 Low-	9:00 Motion to Music 9:30 Manicure	9:30 Painting 12:00 Lunch
1:00 Walmart/Home	10:30 Coping/Healing	12:00 Lunch 12:00 SHINE	10:00 Ballet 10:15 Meet the Nurse	
1:00 Cribbage 1:30 Forever 49	12:00 Lunch 1:00 Bingo	Groceries/Library 1:30 Parkinson Support	Advocate 12:00 Lunch 12:30 MAH JONGG	1:15 Representative Jones
Roast Turkey or Ham/ Swiss Cheese Sandwich	Chicken Paprika or Roast Beef/Swiss	3:00 Gingerbread House Hot Dog or Egg Salad	Creole Fish or Turkey	Cheese Lasagna or Garden Salad
9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:15 Blood Pressure/ pneumonia shots 10:30 Body/Brain Flexibility 12:00 Special Lunch 1:30 Bingo	9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 Downtown/ Groceries/Library	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 9:00 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis
Spinach Frittata or	Holiday Special Lunch Beef Burgundy	1:30 Podiatrist 1:30 Forever 49	Chicken Ginger or Egg Salad Sandwich	Cheese Omelet or Chef Salad
CIIICNEI Galau		Fish or Roast Beef/ Swiss Cheese Sandwich		l.s.
9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Walmart/Home Goods	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:30 Body/Brain Flexibility 12:00 Lunch	22 8:45 Neighborhood Gro- 23 cery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 Downtown/	8:30 Burbank YMCA 8:45 CG Grocery Shopping 10:00 Christmas Eve Brunch	Pleasant Street Center & Town Hall Closed
1:00 Cribbage 1:30 Forever 49 Chicken Marsala or Roast Beefl Swiss Cheese	12:30 Select Chorus & Chime Choir 1:15 Bingo Salmon Filet or Chicken Caesar Salad	Groceries/Library 1:30 Forever 49 American Chop Suey or Egg Salad Sandwich	Christmas Eve Brunch Cheese Omelets; French Toast; Sausage; Pastries	Christmas Day
	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons	8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Klickity Klack	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music	PICK: Each day, you may choose
Target, Kohl's 1:00 Cribbage 1:30 Forever 49 Fish Sticks or Chicken	12:00 Lunch 1:00 Bingo	10:00 Billiards 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49	Party Chicken or Tuna Salad Sandwich	gested donation \$2.00.
Salad Sandwich	Roast Pork or Egg Sal- ad Sandwich	Mac & Cheese or Turkey/ Swiss Cheese Sandwich		Lunch - Re- serve the day

On the Go!

Van transportation is a free service to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart /HomeGoods for everyone

- Monday, December 7 1:00 2:30
- Monday, December 21 1:00 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, December 14 1:00 2:30
- Monday, December 28 1:00 2:30

Downtown Errands, Grocery Shopping or Library for everyone

- All Mondays, 9:00 - 10:15
- All Wednesdays, 1:00 2:15

Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30

Podiatrist at The Pleasant St. Center - December

Van transportation for appointments made between 1:30 - 3:00

Stop & Shop or Market Basket:

- Neighborhood Grocery Shopping Wednesdays, 8:45 - 10:00
- Cedar Glen Grocery Shopping Thursdays, 8:45 - 10:00
- Tannerville Grocery Shopping Fridays, 8:45 - 10:00

The Pleasant Street Center is closed Friday, December 25 (Christmas Day)

As a courtesy to others, please refrain from using colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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SENIOR GROUPS

Low Vision Group: Low Vison Group, Wed., December 9, 10:00 am Holiday Social Party

Writer's Group: Wed., Dec. 2 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group will meet the first Wednesday of each month at 10:00.

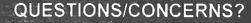
Parkinson's Support Group: Returning Weds., Dec. 9, – 1:30 to 3 Led by Greater Medford VNA Meets every 2nd Wed.

The Not Too Stuffy Book Group: The Invention of Wings by Sue Monk Kidd - Wed., Dec 16, 11:00 to 12:00 at the Pleasant St Center. The story follows Hetty 'Handful' Grimké, a Charleston slave, and Sarah, the daughter of the wealthy Grimké family. The novel begins on Sarah's eleventh birthday, when she is given ownership over Handful, who is to be her handmaid. Horrified at the idea of owning a slave, Sarah breaks convention and secretly teaches Handful to read and write. The Invention of Wings follows their journeys over the next 35 years, as both strive for a life of their own. Copies available at the Center or Library.

LIBRARY HAPPENINGS

LiveWires Presents: Holiday Craft Night for Grown-Ups Tue Dec 15, 7:00 at the Pleasant Street Center. Join us for a fun night of good old fashioned holiday arts and crafts. Led by Reading Public Library's creative staff, this holiday tradition features simple "make-and-take" crafts that include decorations and gifts. Be sure to bring your own bag to carry home all your creations. No talent, materials, or registration necessary—just enthusiasm!

SHINE—MEDICARE OPEN ENROLLMENT





Medicare Open Enrollment, is until December 7

You will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - Plan for 2016: it is important to review, understand and save this information! Appointment required.

Wednesdays, Dec. 2, 9, 16, and Thurs., Dec. 3, 12 – 3:00,

FUEL ASSISTANCE

Need help with paying for fuel? The Greater Lawrence Action Council will be in Reading 1 x per month through May taking applications. **APPOINTMENTS REQUIRED!** Call 781-942-6608

December 1, 9:30 - 12:00 - every 15 minutes Town Hall conference Room, lower level Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Mon., Dec., 14, 6:30 Pleasant Street Center

Board of Selectmen Office Hours: Tues., Dec., 1 - 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours:

Fri., Dec., 11, 1:15—2:15

Senator Jason Lewis: Fri , Dec 20, 2:30—3:30

Congressman Seth Moulton

17 Peabody Square Peabody, MA 01960

Phone: (978) 531-1669 Fax: (978) 531-1996

NURSE ADVOCATE



It is with great pleasure that we welcome Alyse Warren to the Elder/Human Services

staff as our new Nurse Advocate. Alyse is a registered nurse with experience working at Aberjona Rehabilitation and Nursing Center as well as Care Dimension. She brings great compassion and knowledge of geriatric health matters.

Alyse will be joining us on November 30 and will be a valuable resource on health matters to the Reading community.

To welcome Alyse we will be having a <u>breakfast</u> reception on <u>December 10 at 10:15 am</u>. Please stop by and wish Alyse well in her new role and have a lite breakfast.

READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are now offering mini-trips on the Elder Services van. Transportation is free! Lunch and entertainment costs are the responsibility of the individual. Below is the schedule for January.

Tuesday, Jan. 12 — Northshore Mall, Peabody, 11:00 am— 2:00 pm

Thursday, Jan. 21—Peabody Essex Museum, 11:00 am—2:00 pm.

Seats are limited and we want to give all a chance to participate. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+. A minimum of 5 persons is required for the trip.



READING ELDER SERVICES16 LOWELL STREET

Reading, MA 01867

Pleasantries

Reading Senior Newsletter







DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.